

within the subspecialty. It would also be of interest to those about to embark on the Membership Examination, but is not a substitute for a more basic textbook of paediatric gastroenterology.

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**The Normal Child.** By Ronald S Illingworth. (Pp 464; £22.50 paperback.) Churchill Livingstone, 1991. ISBN 0-443-04455-4.

This book should be compulsory reading for anyone involved in caring for children, particularly those without children of their own. First published in 1953 and now in its 10th edition, it provides one with the benefit of Professor Illingworth's vast paediatric experience combined with sound common sense, in an eminently readable form.

The aim of the book, stated by Professor Illingworth in his preface, is to aid the recognition of 'normal' and 'normal variants' in all aspects of child health and development. He believed that a thorough knowledge of the normal is an essential basis for the knowledge of the abnormal. Discussion of pathology and other medical subjects is therefore deliberately avoided, although physiology and psychology are mentioned where appropriate.

There cannot be many paediatricians who have not at some stage of their career seen a copy of this book. Several sections have been rewritten in this edition, including those on breast feeding, sleep problems, and the chapters on prevention. There are 300 new references, and 12 colour plates appear for the first time.

The first five chapters cover all aspects of infant feeding and weaning, with plenty of practical advice and an expanded section on colic. Next comes a description of common physical variants and symptoms that concern parents. The chapters on development begin with a summary of the basic principles of development which put what follows nicely into perspective. Sketches and tables are used to good effect, and particular attention is paid to differences in the development of the preterm infant. Normal developmental variants are then discussed at length, with a section on the advanced infant.

The highlight of the book for me was the section on behaviour. All common problems are covered, with emphasis on underlying causes and aggravating factors, and plenty of advice on management. These chapters provide a fascinating insight into the mind of the egotistic, negativistic toddler. The section on 'annoying characteristics of the developing child' could be put to good use in a family planning clinic.

This edition has two new chapters. The first, on helping children to fulfil their potential, covers aspects of child care relevant particularly to parents, including play, suitable play materials, television, parental example, and ambition. The final chapter is on child health surveillance. It seeks to emphasise the wide range of topics to be covered and the need for staff who appreciate normal and normal variants. Specific subjects are also dealt with, including dental health and child abuse.

Professor Illingworth's writing is entertaining and includes some interesting historical background (did you know that Julius Caesar had neonatal teeth, or that blow fly larvae were used as a galactagogue in days gone by?) The book is full of common sense and practical advice, and should appeal to anyone

concerned with children, including parents. At £22.50 it compares favourably with other standard paediatric texts, and is excellent value. Above all, it is a classic, and every paediatrician should have a copy.

MARY FEWTRELL  
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**Paediatrics in the Tropics.** Edited by R G Hendrickse, D G D Barr, and T S Matthews. (Pp 988; £95 hardback.) Blackwell Scientific Publications, 1991. ISBN 0-632-02675-8.

Those writing a textbook on tropical paediatrics face a formidable task. Around two thirds of the world's children live in these areas and most estimates suggest that over 95% of all deaths in children occur in the tropical areas of the world. Hendrickse and his Liverpool team have assembled a remarkable team of writers to undertake this task and all those concerned with children must congratulate them on what they have achieved. They have very adequately covered the more common paediatric problems that fill the textbooks used in the industrialised world but they have emphasised the particular differences that will be found in tropical areas. They have also found space to cover the specific diseases of the tropics that develop in children.

This reviewer would like to have seen rather more emphasis on common conditions—just two pages on whooping cough and only four on measles in a book of nearly a thousand pages seems too little. Particularly, little mention is made of the new understanding of the relationship between severe measles and the size of the infecting dose. In an excellent chapter on the respiratory system no emphasis could be found on the importance of rapid respiration in the diagnosis of pneumonia at community level. The district paediatrician who looks for guidance on how to supervise the cold chain for vaccines will not get help from this book. However, the authors are to be congratulated on all they have managed to achieve and include in this volume.

Who will get this book? It must be hoped that a volume might be available in every teaching hospital; however, the chances of this are at the present time remote. Those paediatricians with a private practice may be able to afford the £95 but few in government service could consider it, and the resources of even university libraries may not allow this book to be found on their shelves. Unfortunately, the maldistribution of resources in our world will seriously limit the enormous potential of this book to improve the health care of children in the tropics.

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**Lactation Education for Health Professionals.** By R Rodriguez-Garcia, L A Schaefer, and J Yunes. (Pp 213; paperback.) Pan American Health Organisation, 1990. ISBN 92-75-12024-2. (Obtainable from Georgetown University School of Medicine, Department of Ob/Gyn, 3800 Reservoir Road, NW Washington, DC 20007, USA.)

This book arrived in the post during National Breastfeeding Week (20-27 May). First time you heard of it? This would be understandable—press treatment of breast feeding tends to be confined to images of starving Sudanese children or to jokey pieces about complaints from a library official when a mother feeds in

public. National Breastfeeding Week was organised by the National Breastfeeding Initiative, which aims to combat the high attenuation of breast feeding over the first six weeks of life (the 'lost 25%'). Responsibility for this high drop off rate must be placed at the door of health professionals, whose education on lactation management is quite inadequate. This book on lactation education is therefore timely. Targetted primarily at nursing students, but readily adaptable for doctors, the book comprises a teaching module with supporting papers for the use of teachers, giving scientific background.

The product of a PAHO (Pan American Health Organisation) symposium, the text has an American flavour and a developing country orientation. The greater part of the book is taken up by a description of the module. It is very comprehensive and reveals the enormity of the gaps in medical student teaching on lactation (the whole of nutrition frequently falls between six or seven disciplines in UK medical schools). There are 15 topics within the module, from the sociocultural, technological, and political factors influencing breast feeding practices through lactation management to evaluation of breast feeding promotion activities. Each topic is broken into objectives, core content, teaching methodology, audio-visual materials, and evaluation questions. An example of the last, in 'supporting the maintenance of breastfeeding', is 'develop a list of instructions to be given to the breastfeeding mother before she leaves the hospital concerning what she should expect in the first few weeks at home . . .'. Enviously thorough, or boringly minute details? UK teachers are more laid back (almost horizontal) in their approach, and perhaps cram all their knowledge into one lecture comparing breast with cows' milk. The planned length of the module is not mentioned, and must last several months—an impracticality in UK medical schools. However, certain technical aspects not normally taught to doctors could be extracted from the book which I personally found extremely helpful. For example, how many doctors are aware of the importance of positioning technique, which holds the key to successful breastfeeding? The picture says it all:



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Teachers of child health should certainly have this book in their library.

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